



Yuma County

March 2010

Yuma Tobacco Asthma Coalition

Air Mail

"The Greatest Wealth is Health". Virgil

Quotables

"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."

Helen Keller

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Legislative Update:

Judge overturns two provisions in FDA tobacco law

WASHINGTON (Jan. 6) A federal judge found two provisions in a law that gives the FDA regulatory control over tobacco unconstitutional.

The overturned stipulations included the ban of colorful cigarette ads and the prevention of tobacco companies from stating that their products are regulated by the Food and Drug Administration.

Tobacco companies — including R.J. Reynolds, maker of Joe Camel cigarettes and known for their eye-catching advertisements — argued that the conditions violate the companies' right to free speech and expression.

Public health advocates fear that by permitting tobacco companies to claim their products are regulated by the FDA, the general public may view the products as safe, despite the warning labels they carry.

Elements that were left intact were provisions banning tobacco companies from marketing products on baseball caps and T-shirts, as well as offering free samples and gifts with purchases.

While supporters of the law were pleased with the overall decision, namely, the American Heart Association, the federal judge's decision to overturn such provisions could be harmful to the general population, the organization claimed. "We strongly believe the two provisions that were struck down are essential to preventing tobacco use among children and educating consumers about the health hazards associated with smoking. Slick graphics, colors, and false claims of product safety will not disguise the fact that tobacco is a danger to smokers and nonsmokers alike," said AHA CEO Nancy Brown, M.D.

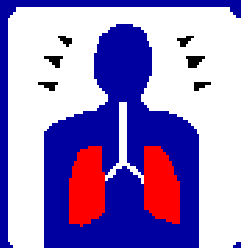
Asthmatics Who Quit Smoking May Reverse Lung Damage

People who have asthma and who also smoke could reverse some of the damage to their lungs by saying no to cigarettes, new Dutch research suggests.

According to the lead author of the study, exposure to cigarette smoke appears to increase the thickness of the lining of the airways in the lung, and this may be the underlying cause why smoking asthmatics experience more asthma symptoms such as

shortness of breath and phlegm production compared to non-smoking asthmatics. The data suggest that smoking cessation can reverse the thickening of the lining of the airways. The big picture: This study shows again how important smoking cessation is for pulmonary health, especially for asthmatic patients.

from American Journal of Respiratory and Critical Care Medicine, Dec. 15 issue



Upcoming Events

Sunset Community Health Center Wellton's 2nd Annual Health and Information Fair, March 17th, 2010 from 1:00p.m. to 5:00p.m. at Family Practice Clinic, 10425 William Street , Wellton, AZ.

Sunset Community will hold this event to provide our Wellton, Tacna, Roll, Dateland and other surrounding communities an opportunity to receive information on topics which may encourage lifestyle changes, enhance the families' well being and improve their quality of life. Health services and information to be provided that day include glucose, HIV, basic dental exams, well women checks,

cholesterol, blood pressure, stress tests, pregnancy tests, rent and utility assistance, AHCCCS program enrollment, child care referrals, injury prevention, nutrition, tobacco use prevention, CVD prevention, medical and dental discount programs for the un-insured, and much more!! Last year's event was well attended and this year we expect to serve at least 300 community residents. We anticipate having the participation of the local fire department, raffles, activities for kids and music. Take advantage of the services that will be available to you and your family!!

For more information contact Lucy Murrieta at 539- 3085

Regional Center for Border Health Camp Not-A-Choo, Friday, March 19th and Saturday, March 20th. Sheriffs' Posse, 14450 S. Avenue A, Yuma, AZ.

The 6th annual asthma camp will be held this year at the Sheriffs' Posse. Again, Yuma County children with asthma, ages 8 to 11, will have the opportunity to enjoy a safe camp experience while they learn to manage asthma symptoms so as to lead active, productive lives. Activities will include education sessions, horseback riding, therapy dogs, camp fire program, arts and crafts and much more!

For more information contact Oscar Franco (928) 627-9222

Ed Pastor Elementary Helping Hands for Haiti Walk-athon, March 5th. Ed Pastor Elementary, 985 N. 6th Avenue, San Luis, AZ

Luminaries will light up the HOPE N HONOR track to represent all those who have contributed to HELPING HANDS FOR HAITI with a donation of \$3.00 or more. The more money we collect the more luminaries will light our way to helping Haiti. Money collected will be donated to help the survivors of Haiti through UNICEF.

For more information contact Gabriela Patron (928) 627-6982

In a museum they had a shelf with a bunch of 100 year old medicine from an old pharmacy, and one of the medicines was an old box of "Asthma Cigarettes." Amazingly, doctors often prescribed this "cure" to patients with asthma. According to the strange logic of old-time medicine, patients could breathe easier if they got enough healing smoke in their lungs! The medicine had a drug called Stramonium, a dried leaf and the flowering tops of the plant, Datura stramonium, also referred to as the thorn-apple plant. The active ingredients in this were alkaloids of belladonna, which is now known to have the effect of inhibiting reflex bronchoconstriction. A derivative of the

Asthma Cigarettes?!



Belladonna plant called Atropine was used in the treatment of asthma until the early 1990's when a more toned down version called Atrovent was developed, which basically had fewer side effects.

But these drugs are used more so as secondary therapy as opposed to as a rescue medicine, since we now have the miracle drug Albuterol and Levalbuterol. Sure, technology up to about the mid 20th century provided some relief with knowledge that

asthmatics must avoid allergens, and with the ironic asthma cigarettes, but now no asthmatic should have to live anything other than a normal life.

YTAC Members

- Yuma County Public Health Services ▪ Regional Center for Border Health, Inc. ▪ Sunset Community Health Center, Inc.
- First Things First ▪ Yuma Regional Medical Center ▪ Somerton Middle School ▪ Alice Byrne Elementary School
- Arizona Department of Environmental Quality - Office of Children's Environmental Health
- Health Choice Generations HMO ▪ Campesinos Sin Fronteras ▪ Western Arizona Council of Governments Head Start
- University of Arizona M. and E. Zuckerman College of Public Health ▪ Child and Family Resources, Inc.
- Chicanos Por La Causa Head Start